



Base Bulletin

Vandenberg AFB, CA 93437-0759



8 August 2001

No. 32

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items (via email to <mailto:publishing.management.dci@vandenberg.af.mil> or to Publishing Management DCI on the Global, or via fax to DSN 276-6614 or 805-606-6614) to arrive at DCI/SCSP by noon Friday, the week before you want your item to appear. Submit your items typed or printed on 30 SW Form 8, Official Bulletin Notice. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Limit official items to four lines, unofficial to 2-3 lines and personal items to one line. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I - ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961
Safety Hazard? Dial 5-SAFE (If off base, dial 605-SAFE)

SECTION II - OFFICIAL

1. 30th Communications Squadron:

a. Need EMSEC training? Look out for a global e-mail announcement called: "PC Training Schedule" by Ms. Lexi Schwartz, from our MCA Contractor. In addition to EMSEC, you will find other security training opportunities for: Unit Computer Security Manager, Computer Certification and Accreditation, and SATE training courses. To register, or for additional information, contact Ms. Lexi Schwartz (Lexi.Schwartz@vandenberg.af.mil). For questions only, not reservations, call MCA at extension 6-3771. (30CS/SCBI, 5-2352)

b. New Publication: The following items have been posted to the VEPDL; 30SWI40-302, Family Advocacy Program: Child Sexual Maltreatment Response Team, and 30SWI40-303, Family Advocacy Program: High Risk for Violence Response Team. (30 CS/SCSP-DCI, 6-7892/4)

c. Air Force E-Pubs Web Site: The Air Force Publishing web site has been closed temporarily. As an alternative, Publishing Management has one CD-Rom containing most Publications and Forms. Please call 6-7892/4 for needed publications and forms. (30 CS/SCSP-DCI, 6-7892/4)

2. Traffic Management Office:

a. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. POC: TSgt Dobbs, ext 6-0904 (30 TRANS/LGTTH)

b. Approval for On-Base Commercial Carrier Accounts and Pick Up Points: Attention all DoD organizations on Vandenberg AFB: Under the provisions of AFI 24-201, paragraph 2.1, the Traffic Management Office (TMO) must approve all on-base commercial carrier accounts and pick up points. To assist us in ensuring we are complying with AFI 24-201, we request all organizations with a commercial carrier (Federal Express, United Parcel, etc.) contact TMO. POC: MSgt Hawley, ext 6-3381 (30 TRANS/LGTTF)

OFFICIAL

Robert M. Worley II

OPR: 30CS/SCSP-DCI
Distribution: F

TEAM VANDENBERG

Colonel, USAF
Commander

Susanne Brixler-Staab
Chief, Publishing Management

SECTION III – UNOFFICIAL

Commissary: (DeCA, 5-8801)

DeCA Web Site: The commissary now has a computer located near the entrance of the store for customer use to check out DeCA's web site <http://www.commissaries.com/>. On DeCA's web site there is a separate web page for each commissary with pertinent information, a feature to build an electronic shopping list, recipes, and an active customer comment button that gives patrons another way to ask questions/voice opinions to DeCA management. DeCA's web site will make shopping easier for our patrons.

Family Support Center: Pre-Register for all Classes, Workshops & Seminars. (30MSS/DPF)

a. National Society of Military Widows: 8 Aug 01, 1400, Retiree Center. The group meets the second Wednesday of every month. If you are a widow or widower, come join us and help plan activities. For information, call 606-5474.

b. Mutual Fund Basics: 10 Aug 01, 1100-1200. Also known as Mutual Funds 101, this class will explain the basics of investing in mutual funds. To register call 6-4491.

c. Pet CPR/First Aid: 11 Aug 01, 0900-1300. Learn to save a life, that of your pet. Course cost is \$25. Class will be held at the Lompoc American Red Cross, 312 North H Street. Call 736-5110 to register.

d. Newcomer Spouse Orientation: 13 Aug 01, 745-1230 for a full morning of the Base Newcomer Orientation at the Pacific Coast Club or opt to arrive at 0950 to attend the Community Fair followed by the Spouse Group at 1100. Children are welcome to the Fair and Spouse Group — toys are provided. Meet other newcomers and learn about services and things to do on and off VAFB. Registration is not necessary, but call 6-0801 for more information.

e. Bundles for Babies: 13 Aug 01, 1400-1600. This is an Air Force Aid Society Program covering proactive informational topics such as financing for expectant parents, lifestyle changes, infant CPR, Nursing Moms Program, and Give Parents a Break Program. Bundles for Babies is for Active Duty Air Force members and/or their spouses (AF Reserve, Air National Guard, Army, Navy, and Coast Guard Personnel may attend, but are not eligible to receive a bundle). The program takes place at the Family Support Center. To sign up, please call MSgt Jamie Lopez at 6-0039. Advanced registration is required.

f. Single Parents Support Group: 14 Aug 01, 1100-1230 at the Pacific Coast Club. This is an informal group for individuals who are dealing with divorce and single parenting. Pre-Registration not required. For more information, call 6-9958.

g. Resume Writing: 15 Aug 01, 0900-1130. Learn how to write a winning resume or update an old one. Learn current formats/styles, hot effective words and power statements to include in your winning resume! To register call Tinisha Agramonte at 5-8557.

h. Manage Your Move: 15 Aug 01, 1300-1530. For adults on the move, includes briefings from Finance, TMO, Housing, Legal Office, and tips from TRICARE. Have your questions ready and plan to attend within 120-90 days prior to departure. Spouses are encouraged to attend. Call 6-0801 to register.

i. Preschool Story Time: Story time for children 2 to 5 years old every Thursday at 1000. Please sign up your child in advance so crafts can be planned. Contact the Library at 6-6414 to sign up.

j. Develop a Spending Plan that Works: 16 Aug 01, 1000-1200. A workshop that presents information on developing a plan for spending and saving money. Look at spending habits, understanding and clarifying **needs** from **wants**, and how to have balance in your spending.

k. Retiree Events: Monthly meetings are held the third Thursday of every month at 1300. On 16 Aug 01, the guest speaker will be Ms. Tymme Mitchell talking about "Living to 102" – body, mind, and spirit.

l. Financial Planning: 20 Aug 01, 1100. The future is now! Are you ready for retirement? College? Estate planning? Tax savings? Second career? Get the information you need to help you make decisions that affect your future. Call 6-4491 to register.

m. Sponsorship Training: 20 Aug 01, 1500-1600. Hear about the changes in the program and learn sponsor responsibilities, relocation resources, and tips to assist newcomers. Also offered as a tutorial on the "Intranet" or website <https://intranet.vandenberg.af.mil/sponsor/index.htm>. To sign up call 6-0801.

n. TOPS (Take Off Pounds Sensibly): Every Monday at 1900-2000. A weight reduction support group is available for those interested in losing weight and meeting with others who have similar goals. Call Julie at 733-7905, or the HAWC at 6-2221.

o. VA Home Loan Class: 21 Aug 01, 1330-1530. One of the major Veterans' benefits is the VA Home Loan Guarantee. VA home loan guaranties are made to service members, retirees, reservists, and unremarried surviving spouses for the purchase of homes, townhouses, condominiums, mobile homes and for refinancing of loans. Learn how to shop around and apply for this special home loan program. Gain understanding of basic terminology, learn processing procedures, as well as some of the pitfalls. For more information call 6-4491.

p. Job Information Expo: 22 Aug 01, 1000-1030, Family Support Center. Come to find out information on local job employment opportunities and sources. Find out who's hiring and who's not. Find out how to add your resume to the AF and local websites. Call 5-8557 for more information.

q. Airmen's Attic Program: Donated housewares, furniture, baby items, small appliances, mattresses, and other necessary items to set up housekeeping are available to keep for military personnel E-5 and below, and all others if there is a need. An AF Form 552 obtained from your Unit First Sergeant is required to access the Attic. Call 6-5484 for further information. Donations are always welcome.

r. Counseling: Monday-Friday. The base Chaplains offer short-term pastoral counseling. Call the Chapel secretary to schedule an appointment. During non-duty hours contact the duty Chaplain through the 30th Space Wing Command Post at 606-9961.

s. Cholesterol Education Classes: Is your cholesterol level high? Do you know what your risk factors are? Do you know how to lower your cholesterol? Learn about lifestyle changes, exercise, and medications by attending this class offered by the Cholesterol Management Team at the 30th Medical Group. To register, call Denise Prucey, RN, at 6-7291.

t. Survivors of Sexual Abuse: Held every Thursday from 1430-1600. Sharing one's feelings can be a great healing force! The discussions/educational activities will be held in a safe, confidential environment and will be limited to no more than six to effectively allow survivors quality time. For more information call Valerie Andersen at 6-5338 or Julie Ramsey at 6-8217.

30th Services Squadron: (30 SVS/SVK, 6-0276)

a. Pacific Coast Club: (For details on any club functions please call 734-4375 or 734-4376).

Entertainment

- **Ultimate Membership Drive Kickoff:** 15 Aug 01. Become a club member during this drive and have a chance to win some new wheels.
- Every Friday is **Club Card Drawing**. Don't miss out on your chance to win the Jackpot. Drawing is every Friday between 1700-2000. Must be present to win.
- 9 Aug 01, 2100-0200. **Mug Night with DJ** in the Hawk's Nest.
- 10 Aug 01, 2100-0200. **Latino Night** in the Hawk's Nest.
- 11 Aug 01, 2100-0200. **DJ** in the Hawk's Nest.
- 17 Aug 01, 1800-2200. **Karaoke Night** in the O-Lounge.
- 18 Aug 01, 2100-0400. **All Nighter** in the Hawk's Nest.

Menu

- **A La Carte Menu Dining** is available Tuesday & Wednesday nights except during Mongolian BBQ, 1800-2000.
 - 7 Aug 01. **Family Night, Western BBQ Ribs and Chicken.** \$8.95.
 - 8 Aug 01. **Members Special, Steak & Shrimp.** \$12.95.
 - 14 Aug 01. **Family Night. "Christmas in August" Turkey & Ham Buffet** with all the trimmings. \$8.95.
- **Family Night:** Tuesday night is "Family Night" at the Club. Children under 10 years eat free from the new children's buffet when accompanied by a paying adult. Limit two children per one adult. No take-out orders. 1800-2000.
- **Foggio's:** Call and order ahead at 5-7800.

b. Fitness Center: (30SVS/SVMP, 6-3832)

- **Ongoing Classes:** The Fitness Center has classes in Karate, Aerobics, Yoga and more. Stop by the Fitness center for the current schedule. For more information, call 736-6213.
- **“New You” for the New Year:** 1-31 Aug 01. Trying to get in shape or lose weight? Join this 16 week weight loss competition sponsored by the Fitness Center and the Health & Wellness Center. Stop by either facility starting in August to find out how you can join.
- 11 Aug 01. **Triathlon.** Start training today for this event. Includes a 5K run, 20K bike, and 400 meter swim.
- 15 Aug 01. **Soccer Tournament Signup Deadline.** Game date is 25 Aug 01. Contact Brian Owen at the Fitness Center for details at 6-3833.

c. Family Aquatics Center: (30SVS/SVRO, 6-3581)

- **Swim Night:** 11 Aug 01, 1830-2030. Family fun swimming night. Cost is \$1 per person or use of pool pass.
- **Dive-In Movie Night:** 17 Aug 01, 1930-2130. Enjoy a movie on the big screen while relaxing in the pool. \$2 per person (includes popcorn and soda). Moviegoers are encouraged to bring their own floatation devices.
- **Youth Swim Lessons:** Open Registration will be held from 0900-1300, Monday-Friday.

d. Bowling Center: (30SVS/SVK, 6-3209)

- **Bowler Appreciation Week:** 6-11 Aug 01. All bowling is only \$1.50 per game all week. Coupons not redeemable with the special rate.
- **Thunder Alley/Rock 300:** Glow and Bowl. Thursday, 1800-2100, Family Night. Friday, 2100-2400, Thunder Alley/Rock 300. Saturday, 2100-2400, Thunder Alley/Rock 300.
- **Bonanza Bingo.** Play daily from open to close. It's only \$1 per card for a chance to win up to \$1000.
- **Eat & Bowl:** Every Friday between 1830 and 2100. Bowl three games, get a cheeseburger, fries and drink for just \$7.00.

e. Services Center: (30SVS/SVYR, 5-8974)

- **Natural Knead Massage Therapy:** Therapeutic massage is a valuable addition to health care and fitness routines as a natural way to promote healthy body functioning, and to enhance the body's restorative powers. Located in the Services Center, call for appointments at 5-4748.
- **Country Line Dancing:** Ongoing FREE dance lessons at the Service Center, Wednesday, 1830-2100.

f. Youth Center: (30SVS/SVYY, 6-2152)

- **Parents Advisory Board!** Stop by the first Wednesday of every month for a Parents Advisory Board Meeting.
- **Volunteers Needed:** The Youth Sports program is always in need of volunteers. Positions for the upcoming seasons: coaches, commissioners, field managers, and publicity managers. Coaches are still needed for the upcoming soccer season. The “5 & under,” “7 & under,” “9 & under,” leagues still have openings available. To volunteer, please stop by the Youth Center or call 6-9374 for more information.

g. Marshallia Ranch Golf Course: (30SVS/SVRG, 6-6262)

- **Air Force Golf Championships.** 6-11 Aug 01.
- **Titleist Demo Day:** 18 Aug 01, 1000-1400. At the driving range.
- **Junior Lessons:** Saturdays at 1330, with Bob Kotoski. Cost is \$5 per child. No sign up needed.
- **Ladies Priority:** Every Wednesday 0830-0900.
- **Intramural Golf:** Tuesday and Thursday, 1130-1230.

h. Rod & Gun Club: (30 SVS/SVRO, 6-4560)

- **Swap Meet & Open House:** 12 Aug 01, 0900-1600. Stop by and see what the Rod & Gun Club has to offer. Anyone wanting to bring in items for the swap meet should contact Lance at 6-4560.
- **Open Skeet and Trap Shooting:** Every Wed, Fri, Sat, and Sun at 0830, except for special events.

i. Library: (30 SVS/SVT, 6-6414)

- **Internet is Here!** The library now has Internet access available.

Education Services & Human Resources Flight: (30MSS/DPHS, 5-5902)

a. Applications for Physician Assistant Training Program for CY 02: Applications for Physician Assistant training for classes beginning in Jan 03, Apr 03, and Aug 03 will be accepted between 1 Oct 01 and 25 Jan 02. See your Education Counselor, for details call 5-5904.

b. Civilian Tuition Assistance (TA): TA is open to all civil service grades and individuals pursuing bachelor or graduate degrees. You may receive TA for up to three courses per term. Tuition Assistance will pay for 75% of tuition up to \$187.50 per credit hour and up to a maximum of \$3500.00 per fiscal year. Space Command Units only. For more information contact Base Education in Bldg 14001 or call ext. 5-5904.

c. Former VEAP Participants: Now is your chance to enroll in the Montgomery GI Bill - Worth 23,400 in education benefits over 36 months. Please contact the Education Office before 1 Nov 01 as this is your last opportunity to enroll. Visit Bldg 14001 (across from the base commissary) or call 5-5904 for information.

d. SNCO: Course 5 is no longer on admin hold and is being actively shipped. The course materials on backorder were shipped 20 Jul 01. For information contact Base Education 5-5904.

Personal Computer Training Classes: (30CS/MCA, 6-3371)**a. New Classes:**











Publisher 2000: Microsoft Publisher 2000 helps you easily create, customize, and publish materials such as newsletters, brochures, flyers, catalogs, and Web sites. Publish easily on your desktop printer, at a copy shop or commercial print shop, or directly to the Web.

Front Page 2000: The Microsoft FrontPage® 2000 Web site creation and management tool gives you everything you need to create and manage exactly the site you want, whether you are creating a personal Web page or a corporate Internet or intranet site.

Form Flow: Learn how to make this program behave better.

Lunch and Learn: Call 6-3371 for the schedule of classes.

b. Classes are open to active duty military, DOD employees, Reservists, Guard and Volunteers supporting Team Vandenberg only. Walk-ins are welcome on a space available basis. To register, or for additional information, contact Ms. Lexi Schwartz via base email. If you do not receive a confirmation of your registration within two days, please contact us to see if we did receive it. For questions only, not reservations, call 6-3771. You will probably reach an answering machine, so please leave a message and we will call you back. The classes do not require knowledge of the individual programs but a working knowledge of Windows is required. We recommend taking the classes in the following order: Word; Excel; PowerPoint; Access. Classes offered are:

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|  Introduction to Computers — A Basic Class for Beginners. |  Access 97; Access Lab, Access 2000 Beginning; Access 2000 Intermediate. |
|  Word 97; Word 97 Advanced; Word 2000. |  Palm PDA Beginning. |
|  Excel 97; Excel 97 Advanced; Excel 2000. |  Project 98. |
|  PowerPoint 97; PowerPoint 2000. |  Front Page 2000. |
|  Publisher 2000. |  Outlook 98, Outlook 98 Email Only. |

c. Computer Based Training (CBT) Facility. In addition to the existing traditional demonstration/lecture courses offered at the computer training facility located within Bldg. 9360, MCA Engineers, Inc. also reserves specific 4 hour blocks of time for those students interested in completing Computer Based Training (CBT) courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their regular work environment.